



## COACHES COLUMN

### NOOSA TRAINING CAMP

Our tour to Noosa in September was outstanding in every respect, with 23 swimmers accruing over 70 kilometres during the seven day camp. We swam in the most beautiful pool at Sunshine, ran to and from the pool, trained in the ocean at Noosa Beach, surfed at Sunrise beach, went shopping at Eumundi Markets, ate great fresh food every day and enjoyed some excellent social moments at most luxurious apartment accommodation. Many thanks to Rudy and all the parent helpers as well as a great group of talented athletes who worked so hard and made this camp a super success.

### CANBERRA TOUR

Many of our Noosa swimmers unfortunately could not make the Canberra road trip due to school exams etc, however the twenty swimmers who competed had a great time, staying at the AIS and enjoying some excellent food, along with swimming a host of p.b.'s which are notoriously difficult to achieve in the first long course meet of the season. Led by Ben Schafer who made a national age time in his 100m Freestyle, along with starting the met with a 400m Free and 200m Fly double within ten minutes, our swimmers earned many medals during the two days and have built valuable confidence for the upcoming championships. Some crazy driver caused an unavoidable collision on our return which shocked us all, but was brilliantly handled by Sam our bus driver. Events like this remind us all how dangerous the roads can be even when driving defensively, and the importance of seatbelts and caution at all times when travelling.

### TRAINING FOCUS

Our recent training focus has been on competition skills; STARTS, STEP-IN RELAY CHANGES, TURNS, STREAMLINES, MEDLEY TURNS, SPEED AND RACE STRATEGIES. I hope these skills can be reinforced in the Northern Suburbs competitions over the next two weeks, as well as on Friday night at Club Races. Even if you are tired, your main focus should be on

performing these skills at you best, especially during warm-up swims.

### NORTHERN SUBURBS CHAMPIONSHIP SERIES

This year may be the last as we know it because Swimming NSW is determined to re-vamp our district boundaries to include the Northern Beaches and Warringah in our local region. This is a great reason for our swimmers to perform at their best this year and try to repeat our Championship point score result of previous years. Our relays should be particularly strong in this event, so can everyone please be ready with team gear to race at their best at these meets. Remember we are on official duty on the 6<sup>th</sup> December, as well as having a Bunnings BBQ that morning – busy busy!

### FUNDRAISING

Our Bunnings BBQ and also the swimathon on Friday 5<sup>th</sup> December are major opportunities for our club to raise funds to assist the swimmers in their competitive development. Money raised goes towards Tours away, competition subsidies, relay entry expenses and outfitting. Without this money the club cannot function, so please be generous with your time and effort when such events are scheduled!

### TASMANIAN TOUR

Our tour to Tasmanian State Championships is open to all swimmers 13-18 years old who have achieved the qualifying times which are on the information letter. It is a great meet over three days with heats and finals and excellent facilities. They run a great meet and A + B finals mean most swimmers can realistically aim for a finals experience. This is rarely possible at NSW or Australian Age Championships as the competition is quite tough. Please consider this trip – its well worth the \$500 or so if you are aiming to progress to State or National standards. Many of the swimmers last year achieved their qualifying times at this event.

### BOY CHARLTON SESSIONS

Our Tuesday and Thursday after

noon sessions at Boy Charlton Domain pool have unfortunately concluded for this term – we had too few swimmers who could make these times to justify the expense and my time away from Willoughby. I am keen to re-establish these sessions in Term 1, so please arrange your program to include these afternoons and let me know ASAP – those at State level are all welcome.

### DRY LAND SESSIONS

Andy has been an excellent dry land leader for the past two terms and we are keen to continue these Monday and Thursday 5pm sessions. The Leisure Centre does charge us for Andy's time, and I feel the nominal charge per swimmer is essential to ensure all participate with enthusiasm, are punctual and attend regularly. Andy is getting to know the swimmers better all the time, and having his input is crucial for further development of this strength program.

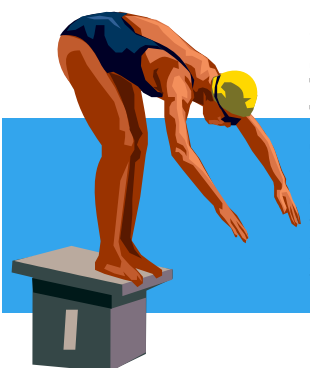
### PACIFIC SCHOOL GAMES

Good Luck Emma Morgan and Chris Dwyer who travel to Canberra this week for the Pacific School Games. We will be following your results closely and hope you have a great time as well as achieving your best. This is a great opportunity to make friends from other parts of the world who share a passion for your sport!

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# Off the blocks



Coaches Column continued:

### NSW OPEN WATER CHAMPIONSHIPS AT PENRITH

Best wishes to our 5km and 10km swimmers next weekend at Penrith in the NSW Championships. Max Collins, Nate and Max Elliff and Emily Chancellor will brave the rowing course in these Championships – hoping the weather is fine and the water clean and warm!

### OCEAN SWIMS

Our ocean swimming season commences with Coogee Island and Newport next Sunday – please contact Rose Leamon after you enter so we know who is swimming and can assemble teams wherever possible.

### BON VOYAGE

Luane and Carla Rowe are off to USA and Europe for a holiday this month – hope they

have a great relaxing time, and best wishes to Carla who will take on a position with an American family for the next twelve months in Virginia.

Keep up your excellent work in the training pool – remember:

**“The harder you work the luckier you get!”**

**Graeme**

## Luane and Max

As mentioned in our last News letter Luane Rowe and Max Collins have been selected in the NSW Open Water Touring Team, they have both competed with great success. At the **Victorian State Open Water** Max came 2nd in the 16yrs 5km and 1st in the 10km, Luane came 1st in the open 5km and 2nd in the open 10km.

The two went on to compete at the **South Australian Open Water** where Max came 1st in both the 5km and 10km 16yrs and Luane came 1st in the open 5km and 2nd in the open 10km.

As Graeme said in the coaches column, Luane is taking a well earned break. She has had a great season with some wonderful results—as well as the above successes. Over the past few months she has:

- Won the Australian Short Course 1500 free and now holds the Open NSW SC Record 16.33.76. She also came 3rd in the 800 free
- At the Uni Games she achieved gold in the 800free in record time (broke her own )8.59.54And silver in the 400 free and was nominated on the Green and Gold team
- She also was invited to swim at the Tiburon Mile in San Francisco where she placed 4th

Max and Luane at the Victorian Open Water Championships



## Gold at Coolangatta Gold!

Another swim definitely worth mentioning : Jake Nolan competed in the iconic **COOLANGATTA GOLD** in the team category in October (just before he sat the HSC) All teams had to contest a gruelling race comprising a 23km ski paddle, 650 m run, 3.8km swim, 4km run, 5km board paddle, and a final 10km run. Jake did the swim section and his team came **1st in the open category** -a great achievement!!

## OPEN WATER SWIMMING

The Ocean Swim season is kicking off this month.

The first 2 swims with team events are

1. **Coogee Island Challenge - Sun 30<sup>th</sup> November** – team categories 90+ 110+ 130+ 150+
2. **Bondi to Bronte – Sun 7<sup>th</sup> December** – teams of 4, any combo

Online entries are now open for both these events. If you want to be considered for a team please enter online at [www.oceanswims.com](http://www.oceanswims.com) and send Rose your rego # plus the other details requested below.

### How the process works

Leading up to each event we will let you know if there are team events and ask those interested to provide me your event registration number. This is usually on the email receipt you get when you have completed your online entry. You cannot be entered in a team unless you have already registered as an individual swimmer and have a rego number. Team selection is done by Graeme at Friday morning squad prior to the Sunday event so you need to have your rego #s emailed to Rose by Thursday 5pm or bring it to Friday squad. Rose will then submit team entries on everyone's behalf.

For ease of communication could you please confirm:

- a) If you are interested in receiving ongoing emails about ocean swim teams. If I don't get a response from you I'll delete you from this mailing list.
- b) Your date of birth as some teams are categorised by age
- c) Your preferred email address
- d) Your mobile number in case we need to contact you close to race day and it's too late for email communication

Please provide this information to Rose promptly by email [rnleamon@bigpond.net.au](mailto:rnleamon@bigpond.net.au)

Rose Leamon



**Welcome to all the new**

**Willoughby Swim Club Members**

Anderson family (Marisa, Andre, Lucas and Marcus), Jonathon Chan and Zhizhuang Luo, Anne Collins and Rachel and Matthew Clifford, Joe Collins, Kate and Jack Corcoran, Jane Stewart and Isabella Daley, Dean family (Ily, Sue, Oscar and Georgie), Egan family (Lindon, Jessica and Benjamin), Jonas and Tamsin Elliff, Halfacre family (David, Karen and Lorcan), Liseby Henry and Faye Hurwitz, Patty Jansen and Isabelle and Tessa Meulenbroeks, Long family ( Paul, Trish and Elliot), Tim and Chloe Marwedel, Jon Mason, Rohleder family ( Rolf, Kirsten and Alex), Daniel Sims, Jodie and Jack Spano, Patricia Wijangco and Miguel and Marco Urbina.

**Willoughby Committee members 2008/2009**

President	Regina Haertsch	(02) 9419 8293
Vice President	Graeme Brewer	brewerswimming@optusnet.com.au
Treasurer	Rose Leamon	rnleamon@bigpond.net.au
Secretary/ Clothing	Karen Elliff	karen.elliff@bigpond.com 9410 1676
Registrar	Lainie Cannell	lainiecannell@hotmail.com
Race Secretary	Gina McConnell	scb1@bigpond.com 9427 9197
Club Coordinator	Molly Schafer	
Newsletter	Rowan Shaw	rowanshaw@tpg.com.au
Committee Mem- bers	Peter Nolan	Lesley Collins
	Katrina Sims	Vincent Dwyer
	Leslie Rowe	

Willoughby  
Swim Club Inc

**Next Meeting**  
Tuesday Decem-  
ber 9 2008  
7.30pm  
Kirribilli Club,  
11 Harbourview  
Crescent,  
Lavender Bay

**Bunning's BBQ**

Volunteers are needed to assist in two hour shifts at the Willoughby Swim Club fund raising BBQ to be held at Bunnings, Artarmon on Saturday 6 December 2008 between 8.30am and 2pm.

Please let Regina know if you can assist and what hours you are able to via email [sstokes@bigpond.com](mailto:sstokes@bigpond.com)

**Upcoming Swimming Events**

- SNSW Age & Open, Open Water Championships SIRC November 29-30
- Northern Suburbs 3 SOPAC December 6
- Metropolitan Championships SOPAC December 13 -14
- NSW State Age 13 - 18 yrs Championships SOPAC January 5-9
- NSW State Age 10 yrs & Under - 12 yrs Championships SOPAC January 10-11

**Entries for**

**NSW Metropolitan Championships**

Please have your entries and correct money for Metropolitan's handed to Gina (or placed in the entry box at Willoughby ) **this week ASAP**—Friday November 28th is the absolute last chance for entries—no late entries can be taken.

**Annual WSC Swimathon**

**Willoughby Leisure Centre**

**Friday December 5**

**See attached flyer**

**Come and support your club!**

**Upcoming Tours**

- Tasmanian Age Hobart March 2009

**Entries for**

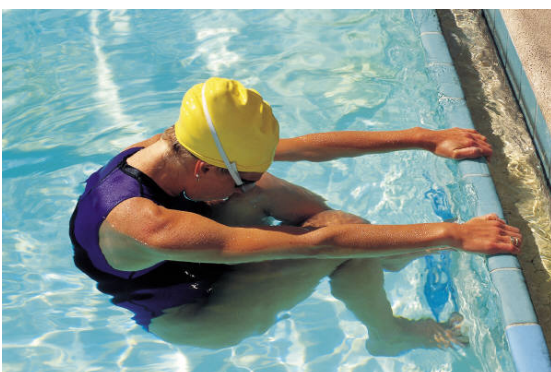
**NSW State Age**

Please have your entries in by December 5 for State Age. Either place them in the entry box at Willoughby or hand them to Gina at the final club night of the year –December 5, the Swimathon.

If any new qualifying times or improved times are made either at Northern Suburbs 3 (December 6) or at Metropolitan's cards must be handed to Gina at the respective meet.

**Our Swimmers who sat their HSC!**

Four of our club members have just finished sitting their HSC Linely Dundas, Carla Rowe, Justin Brewer and Jake Nolan. We hope you are enjoying yourselves now that its finally all over. Good luck for when the results come out!



**WILLOUGHBY SWIM CLUB INC.**



**ANNUAL SWIMATHON to support  
SWIMMING TOURS**

**FRIDAY 5 DECEMBER 2008**

**5 - 6pm Senior swimmers;  
6 - 7pm Younger swimmers**

*FREE CHRISTMAS BBQ FOR SWIMMERS & PARENTS*

*Please return the money you have collected to  
REGINA HAERTSCH (0413 020 991) by Friday 19 DECEMBER 2008*

*Special prizes for swimmer and 2 runners-up  
who raise most funds*

**THANK YOU FOR SUPPORTING THE 2008 WILLOUGHBY SWIM TEAM**

